

ABSTRACT OF THE DISCLOSURE

Lightweight structural component including at least one panel and at least one stiffening element oriented one of lengthwise and crosswise. The at least one stiffening element includes two side pieces. Each of the two side pieces is at least partially connected to the panel in a material-locking manner. The two side pieces are connected to the panel at two separate joint zones. A method of producing the lightweight structural component includes milling the at least one panel to form at least one thickened region and joining the two side pieces to the at least one panel at the two separate joint zones. This Abstract is not intended to define the invention disclosed in the specification, nor intended to limit the scope of the invention in any way.